

**STRONG LEAN HAPPY
PRESENTS**

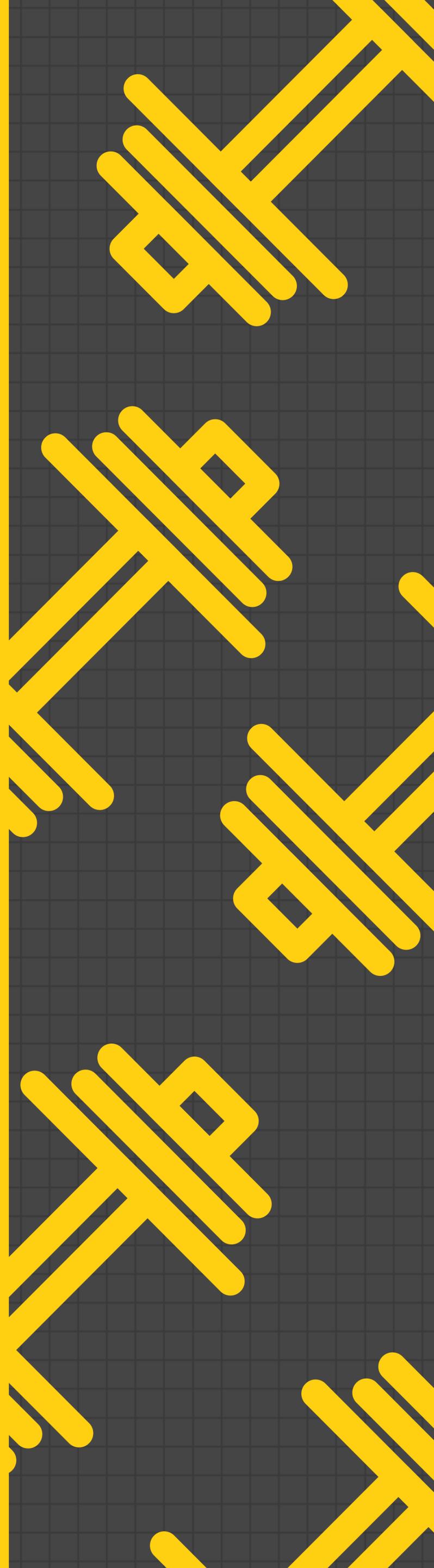
A GET STARTED GUIDE.

**A GUIDE TO SUCCESSFULLY
EXECUTING YOUR TRAINING
AND NUTRITION**

**GET STRONG. GET LEAN.
GET HAPPY.**

WWW.STRONGLEANHAPPY.COM

StrongLeanHappy





**WELCOME TO THE
FITNESS
MOVEMENT.**

JUMPSTART YOUR GAINS.

**WITH THIS DETAILED GUIDE ON HOW TO
MAXIMIZE YOUR ONLINE TRAINING AND
NUTRITION EXPERIENCE.**



WELCOME TO THE FITNESS MOVEMENT.

HELLO THERE!

I first want to thank you for choosing me as your coach.

I'm excited to embark on this stage of your fitness journey with you and will do everything I can to ensure that you succeed.

Not only do I want you to be proud of your accomplishments as we proceed, but I want you to enjoy the process. While remote/online coaching is a relatively new concept, I know that you'll enjoy it. And for those of you meeting me in person, I am excited to get started with your journey as well.

Before we begin, I'd like you to please read through this short information package. It contains all the information about your program and what you're about to experience in the coming months. I've laid out what I'll be sending you and when you can expect to receive it in addition to guidelines for support.

Included in this package is also information on how the online workouts and nutrition programming are going to be presented to you and an explanation of all variables.

Thank you again for choosing me to help you on your health and fitness journey. I'm here for you every step of the way.

To your health,

Amanda Barton

StrongLeanHappy



HOW THE PROGRAM WORKS

In order to give you the direction, accountability, and support that you need there are a couple different facets to this program. I'll briefly describe them here.

HOW WORKOUTS ARE DELIVERED:

Workouts along with video demonstration of each exercise are delivered to you via the Strong Lean Happy App. (Check your email for the link to set up your online account).

Once you have downloaded the app and completed your sign up, a video tutorial will lead you through how to use the app. Any questions, must be sent via the messenger feature in the app. Please allow 24 hours for a response. Usually I can respond pretty quickly, but sometimes I get backed up, so patience is appreciated. Each week new workouts will be sent to you, via the app. You also have access to live & OnDemand workouts that you can perform from your home or the gym. Live workout schedule is posted under the "Plans" tab on the app. On Demand workouts are found in your workout library, also under the "Plans" tab.

There are four types of strength based workouts that you will see in your schedule and in your workout library.

BUILD Workouts: Build strength and gain muscle with our GYM REQUIRED workouts. Follow appropriate Tempo, Timing, Repetitions, and Sets to get the best benefits from your GYM Required (but usually can usually be modified to do at home too, get creative!)

SWAT (Strength Work & Aesthetics Training): Get STRONG with bodyweight and weighted exercises, incorporated to target overall strength, balance, and core conditioning. Learn the importance of timing, tempo, and recovery periods to maximize your workout and sculpt your physique. The use of bands, balls, and weights are always optional but increase the fat burning and muscle defining potential of this strength training workout.

MetCon Lean: Get LEAN with this calorie-blasting circuit training. Metabolic Conditioning, or MetCon as it's often referred, is defined by fast-paced, high-intensity workouts. This is one of our online personal training programs that involves specific repetitions of the exercise in a given circuit, repeated for a specific number of rounds. This style of workout helps with the cardiovascular system without sacrificing muscle loss.

Happy HIIT: Get your HAPPY on, with High-Intensity Interval Training. These online workout classes focus on timed exercises and timed rest periods. During the active portion of the interval, you give your all-out 100% effort through quick intense bursts of exercise. This is followed by short and sometimes active recovery periods. Great for those looking to burn fat in a short period of time.



HOW THE PROGRAM WORKS

HOW THE NUTRITION COACHING SOFTWARE WORKS:

Our Nutrition Coaching is located in a separate online platform. This program is not included in the \$20/month group online training. But can be purchased separately. This program must also be set up by a link sent to your email. This program will give you step-by-step lifestyle education and goal setting to keep you on track with your nutrition/fitness/mind/body goals. This portion gives you even more support and tools to be successful with your individual exercise and nutrition journey. Each day you will be sent tasks to complete, along with lessons to read or listen to via audio files. There will be a habit to focus on for the week or sometimes multiple weeks for harder habits and goals. Lessons on sleep, stress, triggers, and a ton of nutrition focused habits, are all part of this successful program. This program runs for 12 months. Some people choose to participate in the whole 12 months, others 3, 6, or 9 months, however 3 months is the minimum for this and any of our nutrition programming. Message me if would like to enroll in this program, or would like more information about fees, etc.

FOOD LOGGING :

It is highly suggested to set up an account with MyFitnessPal and connect your account the the Strong Lean Happy App. To connect the two apps, go under settings, then click on apps and devices, click on MyFitness Pal. Then it will prompt you to log in to your MyFitness Pal account, and once you do so, they will be connected. This will allow me, your coach to see your total calories and macro breakdown of everything you log. Start logging as much of your meals as possible. That way if you have any question regarding nutrition, I can give you more suggestions to help with your progress.



COMMUNICATION

EMAIL COMMUNICATION:

Most communications will be sent via the messenger section of the Strong Lean Happy App, but sometimes you might have what I like to call, a "laundry list" of questions, that are better answered via email.

Here is a template of how the "laundry list" emails should be sent:

- No more than 5 questions
- Bullet points for each question
- Concise questions of no more than 3 sentences in length
- Also! Make sure that amanda@strongleanhappy.com is on your "safe list" so that all email communication is received and not sent to your junk folder.

VIDEO / PHONE COMMUNICATION:

Some coaching programs include video or phone communication. This is an additional fee, but if you would like to subscribe to this, please let me know. If you have already subscribed to this, it goes as follows.

-Each session is 20 minutes long (for phone/video conferences) 30 mins for 1 on 1, and should be very concise and organized, So please prepare for these sessions with a list of questions, your full focus, and attention.

Things to bring to your communication session:

- Pen and paper- or iPad/tablet (for note taking and for keeping your list of questions and concerns handy)
- Wear comfortable clothes and shoes, as some assessments will most likely be needed



TRACKING YOUR PROGRESS

ASSESSMENT DETAILS & INSTRUCTIONS:

Each client will be in need of different assessments according to their goals and which programs they have purchased. The primary purpose for these assessments is to establish a baseline or starting point, against which we can measure progress. It can also be great to determine any movement limitations or injuries, so you can see the best results with each program. Reminders will be set in your calendar in the Strong Lean Happy App, instructing when to complete all of your assessments.

HOW OFTEN WILL THE ASSESSMENTS OCCUR?

I'm sure this is the first question that comes to mind. Each client is different but you should expect movement assessments to occur on a case by case basis. Body measurements, depend on your goal, and can be weekly, bi-weekly, or monthly. I highly discourage daily scale checks, as fluctuations can be torturous. If you insist on monitoring daily, download the app "Happy Scale" this app allows you to report your weight daily but plots it in a long term curve allowing you to see the big picture.

BODY FAT ANALYSIS:

There are many ways to measure your body fat percentage. DEXA is the most reliable machine on the market, but can be pretty pricey and not always accessible. My favorite in-home body fat assessment is called Skulpt (www.skulpt.me) Cost for this is around \$99 and can even be found in Best Buy Stores in the US. If neither of these are accessible or within your budget, the online body fat calculator (which is free) can be found at (<http://www.davedraper.com/bodyfat-calculation.html>) This website just needs a few tape measurements, your height and weight to complete. This one works great for tracking progress, so no need to purchase anything unless you absolutely insist. If you are working with me one-on-one, I will be doing caliper and Inbody measurements.



TRACKING YOUR PROGRESS

BODY WEIGHT:

Body weight assessments are easy, you will just need to be consistent with which scale you use. Find one and stick to that. Body weight will be recorded weekly or bi-weekly. Check your schedule in the Strong Lean Happy App for updates.

PROGRESS PICTURES:

Have someone take the picture for you or set up the camera to be hands free. NO SELFIES. For in-person clients, I will be taking a majority of these photos.

-Photos should be taken in a relaxed stance.

-Three photos are needed, front, back, and side (with arm extended behind you so midsection is viewable)

-Choose the same location, similar clothing, and lighting for consistency.

-Progress pictures should be posted to the Strong Lean Happy App bi-weekly. If you are doing the Nutrition coaching, bi-weekly pictures will be asked of you there as well. You can choose one or the other, or both, this is up to you. A reminder is sent in both platforms to prompt you when updates are needed.

TAPE MEASUREMENTS:

Below are the areas you will be measuring and how to measure them:

Neck - (The thickest part of the neck)

Shoulders - (This will require help to do correctly, with both arms by your side, measurement is taken at the widest point around one shoulder to the next)

Chest - (With arms lifted up, the tape measure is wrapped around the chest just above the nipple. Lower the arms and take a deep breath in and out. The measurements is taken after the exhale.)



TRACKING YOUR PROGRESS

T A P E M E A S U R E M E N T S C O N T I N U E D :

Bicep - (Both Biceps should be measured around the thickest point.

Easiest way to ensure accuracy is to choose a point, mark it with a pencil. Measure the distance from that point to the top of the shoulder bone. write this distance down, so that each time you measure, the distance is the same, and you only have to mark once.)

Waist - (Measurement is taken at the smallest part of the waist. Similar to the chest, best to take a deep inhale and exhale, and measurement is taken after the exhale.)

Hips - (stand with feet together, measurement is taken at the thickest part of the booty)

Thighs - (Both thighs should be measured around the thickest point. Easiest way to ensure accuracy is to choose a point, mark it with a pencil. Measure the distance from that point to the top of the anterior (front) hip bone. write this distance down, so that each time you measure, the distance is the same, and you only have to mark once.)

Calves - Measurement is taken at the widest part of the calf, this one is easy to spot.

W O R K O U T T E R M I N O L O G Y :

Below are some workout terms that will be used throughout. To give you the best workout possible, I give guidelines on a number of different factors beyond sets and reps.

Below are definitions of some terms use to describe the different aspects of the program:

Rep - One performance of a single exercise.

Set - The number of repetitions performed without stopping.

Tempo - The speed at which one repetition is performed. It's denoted with 4 numbers (ex. 4-0-1-0). Each of the 4 numbers is in seconds. The first number represents the speed of the movement that follows one repetition, the second is the pause, the 3rd is the action phase of the movement, and the 4th is the pause. In the example of a bench press, the first number denotes the speed at which the weight is lowered, the second is the pause at the bottom, the 3rd is the speed at which the bar is pressed, and the 4th is the pause at the top.

Rest - The rest is the time in seconds or minutes between two sets or at the end of a circuit.



WORKOUT GUIDELINES

GYM ETIQUETTE:

It's important to ensure that you follow the unwritten rules of the gym. You might notice others breaking these "laws of the iron" but I want you to get as comfortable in the gym as possible, as quickly as possible.

Here are the five most important rules to consider throughout your workout:

1. Respect the no-lift zone

Don't ever lift a weight within 5 feet of the dumbbell rack. It doesn't matter if you're doing shoulder press, split squat, biceps curls, or goblet squats or anything else. Pick up your weights and take 5 giant steps back.

2. Avoid the "Ab zone"

Most gyms have a designated area for mats, balls, bosu balls etc. Don't bring heavy weights into that area. It's designated for stretching and ab work. By taking up their space you force them to take up your space (see the next point).

3. Keep your mats out of the way

Don't set up a mat in between two benches in the free weight zone and do crunches unless you want a weight dropped on your head. Even if the gym is empty set up your mat out of the way. Either stick to the "ab zone" or place your mat in a corner out of the way. Think proactively. Where might somebody want to work out over the course of your set? Don't set up there.

4. Avoid walking in front of somebody else in the middle of a set

If somebody is in the middle of their set NEVER cross their field of vision. Take the long way around if you have to. If you can't take the long way around, wait for them to finish their set before walking in front.

5. Put your weights away

The most important one for me. Leave the space cleaner than it was when you entered. It's the ultimate in respect for your fellow patrons and so much more for the trainers and instructors.



WORKOUT GUIDELINES

TRAINING GUIDELINES:

Training sessions must be short:

Long training sessions (anything over 60 minutes; not including the warm-up and cool down, or if you are doing cardio that day.) are ineffective for rapid fat loss. Anything after 60 minutes is a recipe for overtraining, stagnation, and boredom. From what I've observed with clients, the performance usually starts dropping after 45 minutes. A shorter session usually means pinpoint focus and higher intensity. Each workout, you'll know exactly what to do and how. It's important to execute efficiently, like a machine. For some people, caffeine before a workout helps (but not after 4 P.M).

Training Sessions Must Be Intense:

Intensity is the most important variable for fat loss. The simplest way to increase your intensity is to shorten rest periods. Now, I'm not saying to make yourself throw up. You should not be able to carry on conversations between sets, or check your Instagram on your cell phone. Keeping rest periods short and sweet makes your workout short and effective (and a little painful). Unless otherwise noted in the training session. All workouts will indicate the desired rest period. Use the app and set the timer for rest periods

Training Must Be Consistent:

If you want to see results, you must do work, and do it often. You can have the best training sessions in the world, but they will be rendered ineffective without consistency. The high level of frequency ensures a consistently elevated metabolic rate, and a tremendous surge of EPOC (excess post oxygen consumption), which means you'll be burning calories well after your body stops working out. Flashy fitness sites call this "the afterburn effect". Any activity is better than no activity - if there's days where you think you have "no time" to workout, well, you're lying to yourself. Let me know and I will make suggestions for you on days where "you have no time".



WORKOUT GUIDELINES

YOUR BODY MUST RECOVER:

Over the course of your training I'd like to monitor your recovery because it's an indicator of how you're adapting to the program. Your sleep quality, mood, and soreness will help to determine whether you're ready for workouts or whether you need to alter the exercises, rest periods, or any nutritional interventions. The final page of this guide is a table you can use to determine your recovery status.

CARDIO:

50% of the cardio prescribed is High Intensity Interval Training (HIIT). What this means is that you alternate intense periods of work with periods of rest. Studies showed that HIIT is about 9x more effective for fat loss than traditional distance cardio, not to mention it saves a lot of time.

An example of HIIT would be to run at about 75-85% of your max effort for 30 seconds, walk for 60 seconds, and repeat for 3 rounds. Our opposing days of Low Intensity Steady State cardio (LISS) are great for recovery days. These are essential as well. They provide you the time to get soreness and lactic acid out of the body, plus help you recover from the high intensity days.

SAFETY:

Since I'm most likely not going to physically be there with you, it's important you build upon the skill of "listening to your body". If something doesn't feel right, don't push it; your body is usually trying to tell you something.



WORKOUT GUIDELINES

GOOD PAIN VS. BAD PAIN:

Mild discomfort is part of the exercise process, and is necessary for the improvement of performance and physique.

The Burn is good pain - It should be short-lived and during the exercise only.

Fatigue - After a workout should leave you exhilarated, but not exhausted. Fatigue that lasts days means you have been excessively challenged and your muscles and energy stores are not being replenished properly. Chronic fatigue is referred to as “over-training” and is not good.

Soreness - Is common, especially for muscles that have not been exercised for long periods of time, or when you perform an exercise you are not accustomed to. Soreness typically begins within a few hours, but peaks two days after exercise. This is referred to as DOMS (Delayed Onset Muscle Soreness) and is normal when beginning a new fitness program.

Bad pain - Usually caused by the improper execution of an exercise. Nothing should really “Hurt”. Immediately notify a physician of any sharp or sudden pains, swelling, or any unnatural feelings in your joints or ligaments.

It is recommended - Perform each exercise with NO WEIGHT to familiarize yourself with the movement pattern, and to mentally and physically prepare you for the tasks ahead.

Warming up - Is a crucial part of injury prevention and prepares your body for exercise by lubricating your joints.

Notify me - Of any extreme soreness that may occur. Sometimes it's counter-productive to train through soreness.

SLEEP:

I could write about the countless studies of why sleep is important for you, your appetite, your mental health, your happiness, and especially your fat loss. But I'm not going to bore you with the science stuff.

These basic principles will help ensure you are getting enough sleep:

- Get 6-8 hours of quality sleep every night. I can't stress how important this is for both fat loss and muscle gain, especially when you're in workout mode.

-Your body, your workouts, and your goals will suffer because of a lack of quality sleep.

-Have trouble falling asleep early? Form a sleep ritual. That means two hours before you want to go to bed, dim the lights, and unplug from all electronics. Try sleeping with your cell phone in another room. Replace the TV with some light reading.

-If you're still having trouble - try supplementing with Melatonin and/or drinking Chamomile tea before bed. CBD oil does wonders as well, if that is your sort of thing.



FREQUENTLY ASKED QUESTIONS (FAQ):

F A Q :

Q1: If I want my meals prepped and I live in the Las Vegas area, where should I go?

Diced Kitchen is where it's at!!! They deliver 2x per week or you can visit their location for grab and go. Text "DICED" to 31996 to start receiving menus. To visit their location for grab and go, visit them at 10890 S. Eastern Ave Suite 108, Henderson, NV 89052. Their meals are macro friendly, and come in two sizes one for women and one for men. Along with options to have starchy carbs or hold the carbs. They are great!!

Q2: I would like to get my hormones and genetics looked at so that I can see better results, where do I go, and is it expensive?

I refer clients to a local Dr. that specializes in hormones and genetics and they accept insurance! Make sure to let them know I sent you. Dr. Donald Tice: 5270 S Fort Apache Rd Suite #330, Las Vegas, NV 89148 Phone: (702)-776-6720

Q3: What if I'm not in the Las Vegas Area and I want to get my hormones checked out, or I think I might have food sensitivities, where should I go?

Everly Well has a bunch of at home test and options. www.EverlyWell.com If you are wanting to use your insurance, you will just have to pay out of pocket up-front and then you will get a reimbursement slip to send to your insurance, and they will reimburse you for the purchase. I have a promo code for 10% off their site. Use code: stronglean



RECOVERY CHART:

Mood:

Happy - \$\$\$

Meh - \$\$

Lethargic / Sad/Stressed - \$

Sleep Quality:

Great(8-10hrs) - !!!

OK (6-8hrs) - !!

Poor (0-6hrs) - !

Soreness:

Fine - X

Manageable - XX

Dying - XXX

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